



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01071, Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk**

**Report Date: July 05, 2017 03:27 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.35**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 80g	1 tbsp 4g	1 package yields 160g
<b>Proximates</b>							
Water	g	65.74	--	--	52.59	2.63	105.18
Energy	kcal	194	--	--	155	8	310
Energy	kJ	811	--	--	649	32	1298
Protein	g	3.61	--	--	2.89	0.14	5.78
Total lipid (fat)	g	12.72	--	--	10.18	0.51	20.35
Ash	g	0.80	--	--	0.64	0.03	1.28
Carbohydrate, by difference	g	17.13	--	--	13.70	0.69	27.41
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	17.13	--	--	13.70	0.69	27.41
Sucrose	g	13.38	--	--	10.70	0.54	21.41
Glucose (dextrose)	g	0.00	--	--	0.00	0.00	0.00
Fructose	g	0.00	--	--	0.00	0.00	0.00
Lactose	g	3.75	--	--	3.00	0.15	6.00
Maltose	g	0.00	--	--	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	90	--	--	72	4	144
Iron, Fe	mg	0.04	--	--	0.03	0.00	0.06
Magnesium, Mg	mg	10	--	--	8	0	16
Phosphorus, P	mg	86	--	--	69	3	138
Potassium, K	mg	151	--	--	121	6	242
Sodium, Na	mg	66	--	--	53	3	106

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 80g	1 tbsp 4g	1 package yields 160g
Zinc, Zn	mg	0.27	--	--	0.22	0.01	0.43
Copper, Cu	mg	0.012	--	--	0.010	0.000	0.019
Manganese, Mn	mg	0.005	--	--	0.004	0.000	0.008
Selenium, Se	µg	4.8	--	--	3.8	0.2	7.7
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.7	--	--	0.6	0.0	1.1
Thiamin	mg	0.027	--	--	0.022	0.001	0.043
Riboflavin	mg	0.117	--	--	0.094	0.005	0.187
Niacin	mg	0.060	--	--	0.048	0.002	0.096
Pantothenic acid	mg	0.226	--	--	0.181	0.009	0.362
Vitamin B-6	mg	0.030	--	--	0.024	0.001	0.048
Folate, total	µg	4	--	--	3	0	6
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	4	--	--	3	0	6
Folate, DFE	µg	4	--	--	3	0	6
Choline, total	mg	10.6	--	--	8.5	0.4	17.0
Betaine	mg	0.5	--	--	0.4	0.0	0.8
Vitamin B-12	µg	0.26	--	--	0.21	0.01	0.42
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	34	--	--	27	1	54
Retinol	µg	34	--	--	27	1	54
Carotene, beta	µg	5	--	--	4	0	8
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	120	--	--	96	5	192
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.45	--	--	0.36	0.02	0.72
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.9	--	--	0.7	0.0	1.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 80g	1 tbsp 4g	1 package yields 160g
Vitamin D3 (cholecalciferol)	µg	0.9	--	--	0.7	0.0	1.4
Vitamin D	IU	38	--	--	30	2	61
Vitamin K (phylloquinone)	µg	2.7	--	--	2.2	0.1	4.3
<b>Lipids</b>							
Fatty acids, total saturated	g	10.684	--	--	8.547	0.427	17.094
4:0	g	0.077	--	--	0.062	0.003	0.123
6:0	g	0.046	--	--	0.037	0.002	0.074
8:0	g	0.194	--	--	0.155	0.008	0.310
10:0	g	0.302	--	--	0.242	0.012	0.483
12:0	g	3.704	--	--	2.963	0.148	5.926
14:0	g	1.682	--	--	1.346	0.067	2.691
16:0	g	1.993	--	--	1.594	0.080	3.189
18:0	g	2.650	--	--	2.120	0.106	4.240
Fatty acids, total monounsaturated	g	0.843	--	--	0.674	0.034	1.349
16:1 undifferentiated	g	0.053	--	--	0.042	0.002	0.085
18:1 undifferentiated	g	0.754	--	--	0.603	0.030	1.206
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.201	--	--	0.161	0.008	0.322
18:2 undifferentiated	g	0.166	--	--	0.133	0.007	0.266
18:3 undifferentiated	g	0.034	--	--	0.027	0.001	0.054
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	10	--	--	8	0	16
Phytosterols	mg	0	1	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.072	--	--	0.058	0.003	0.115
Threonine	g	0.157	--	--	0.126	0.006	0.251
Isoleucine	g	0.198	--	--	0.158	0.008	0.317
Leucine	g	0.318	--	--	0.254	0.013	0.509

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 80g	1 tbsp 4g	1 package yields 160g
Lysine	g	0.204	--	--	0.163	0.008	0.326
Methionine	g	0.093	--	--	0.074	0.004	0.149
Cystine	g	0.018	--	--	0.014	0.001	0.029
Phenylalanine	g	0.175	--	--	0.140	0.007	0.280
Tyrosine	g	0.182	--	--	0.146	0.007	0.291
Valine	g	0.230	--	--	0.184	0.009	0.368
Arginine	g	0.104	--	--	0.083	0.004	0.166
Histidine	g	0.092	--	--	0.074	0.004	0.147
Alanine	g	0.114	--	--	0.091	0.005	0.182
Aspartic acid	g	0.262	--	--	0.210	0.010	0.419
Glutamic acid	g	0.758	--	--	0.606	0.030	1.213
Glycine	g	0.080	--	--	0.064	0.003	0.128
Proline	g	0.391	--	--	0.313	0.016	0.626
Serine	g	0.155	--	--	0.124	0.006	0.248
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0